

*Amendments to the Claims:*

Please cancel claims 1-56 and add the following new claims.

57. (New) An adjuster for the vertical adjustment of a head restraint having at least two support elements, comprising:

a head restraint holding module for holding the head restraint, the head restraint holding module having adjustment means variable in at least one adjustment direction for vertical adjustment of the head restraint held by head restraint holding module, the head restraint having drive means for producing an adjustment movement for moving the adjustment means,

wherein a separate flexible transmission means and a separate adjustment means are in communication with each support element, and

wherein each transmission means transfers the adjustment movement of the drive means to the adjustment means in communication with each respective support element.

58. (New) An adjuster according to claim 57, wherein the head restraint holding module further comprises:

at least two holding modules, whereby each of the at least two holding modules is associated with one of the at least two support elements and is designed to accommodate the same;

whereby one of said separate adjustment means is in communication with each of the at least two holding modules; and

wherein the adjustment means of the at least two holding modules are at a distance from one another.

59. (New) An adjuster according to claim 57, wherein the transmission means comprises:

common transmission means for transfer of the adjustment movement of the drive means to distribution means, whereby the distribution means transfers the adjustment movement from the common transmission means to the separate transmission means to the same extent.

60. (New) An adjuster according to claim 57, wherein the drive means comprises an electric motor for producing the adjustment movement.

61. (New) An adjuster according to claim 57, wherein the drive means comprises a gear mechanism for transfer of the adjustment movement to the transmission means.

62. (New) An adjuster according to claim 57, wherein the separate transmission means each comprise exactly one transmission element for transfer of the adjustment movement of the drive means to the adjustment means.

63. (New) An adjuster according to claim 57, wherein the transmission means comprises at least one Bowden cable.

64. (New) An adjuster according to claim 57, further comprising:

the transmission means being adapted to transfer a force to the adjustment means for movement of the adjustment means in a first adjustment direction;

the head restraint holding module further comprises mechanical energy storage means coupled with the adjustment means, the mechanical energy storage means adapted to take up energy on movement of the adjustment means in the first adjustment direction; and

wherein the mechanical energy storage means assists movement of the adjustment means in a second adjustment direction by releasing stored energy.

65. (New) An adjuster according to claim 64, wherein the first adjustment direction is different from the second adjustment direction.

66. (New) An adjuster according to claim 64, wherein the mechanical energy storage means is flexible.

67. (New) An adjuster according to claim 64, wherein the mechanical energy storage means comprises a spring.

68. (New) Adjuster according to claim 67, wherein the spring is in communication with the adjustment means;

wherein the spring is tensioned on movement of the adjustment means in the first adjustment direction; and

wherein the spring assists the movement of the adjustment means in the second adjustment direction.

69. (New) An adjuster according to claim 67, wherein the spring is in communication with the adjustment means;

wherein the spring is compressed on movement of the adjustment means in the first adjustment direction; and

wherein the spring assists the movement of the adjustment means in the second adjustment direction.

70. (New) Adjuster according to claim 64, wherein the mechanical energy storage means is disposed on at least one support bar, the mechanical energy storage means being coupled to the head restraint and further coupled to the adjustment means.

71. (New) An adjuster according to claim 57, wherein the transmission means comprises at least one shaft for transfer of the adjustment movement of the drive means to the adjustment means.

72. (New) An adjuster according to claim 71, wherein the at least one shaft is coupled with the adjustment means such that a rotational motion transferred by the drive means to the at least one shaft causes a linear adjustment movement of the adjustment means.

73 (New). An adjuster according to claim 71, wherein a portion of the at least one shaft is threadedly engaged to the adjustment means, and wherein said at least one shaft forms a spindle drive for the adjustment means.

74. (New) An adjuster according to claim 73, wherein the portion of the least one shaft has a thread, adapted for engagement with a thread formed on the adjustment means, in order to form the spindle drive.

75. (New) An adjuster according to claim 71, wherein the at least one shaft is flexible.

76.(New) An adjuster according to claim 57, wherein the adjuster comprises an actuation device for operation of the drive means.

77. (New) An adjuster according to claim 57, wherein the drive means is disposed at a distance from the head restraint holding module.

78. (New) An adjuster according to claim 57, wherein the separate transmission means transfers the adjustment movement of the drive means essentially in the same direction to the adjustment means.

79. (New) A seat with a head restraint, wherein the seat comprises an adjuster according claim 57 for the vertical adjustment of the head restraint.